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RUTLAND COUNTY COUNCIL

EDUCATION COMMITTEE

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ANNUAL REPORT OF THE COUNTY MEDICAL OFFICER

FOR THE YEAR

1933

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ANNUAL REPORT OF THE SCHOOL MEDICAL OFFICER
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I present a brief typewritten Report on the medical work carried out in your Schools during the year 1933.

There has been an unfortunate set-back in the amount of work accomplished owing to the illness of Nurse Neal. At the end of her summer holiday she was suddenly taken ill and had to undergo a serious abdominal operation. She did not resume full duty till the beginning of the year 1934. From September to December I was ably assisted in the medical inspections and re-inspections by Nurse Edmonds, who is Health Visitor, Tuberculosis Nurse, Mental Deficiency Visitor, and Assistant in the department devoted to enthetic disease. The following-up of defects, the routine inspections for cleanliness, the attendance at the orthopaedic centre, and much of the work in connection with the minor ailments had to be postponed. Towards the end of October 1933 I was laid up with a bad leg for three weeks, and although all the schools were visited during the year, the routine and special examinations were not completed at Empingham, Ryhall, Ketton, and Oakham - some 86 children in all. These will be completed in 4 days during the year 1934.

During the year you have further developed your service by arranging with Dr F.H. Wallace of Uppingham to perform operations on the mastoid antrum at an inclusive fee of £3- 3- 0d, and also for consultations, followed by such treatment as zinc ionization and catheterization of the Eustachen tubes, on children suffering from deafness referred to him by the School Medical Officer.

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The fee for the first examination is 10/-, and subsequent examinations are at 5/- per examination. In both good results have been obtained and are much appreciated by the patients. A boy almost stone deaf has had his drums inflated, with the result that he now hears the whispered voice at twenty feet. A boy who had suffered from a chronically running ear is now cured by a mastoid operation.

The number of children submitted to the operation for enucleation of the tonsils and removal of adenoids was 94, as compared with 105 in 1931. Unfortunately this is not due to any real decrease in the incidence of these abnormalities, but to the absence of Nurse Neal from duty. She is accustomed to take children to and from hospital, and during her absence from duty there was no one to make these arrangements. . Some 112 urgent cases still await operation. It is satisfactory to record that there has been a slightly better response on the part of the scholars, or should I say their parents, to your arrangements for dental treatment. 810 children have been treated of the 1,308 requiring attention, a percentage of 62, as compared with 52% in 1932.

As regards sanitation, it is a matter for congratulation that the alteration to the closets at Essendine, and the addition of lavatory accommodation have at last been carried out. The vault closets have been converted into pails, and a lavatory has been built leading out from the Cloakroom. The alterations at Whissendine and Ketton have not been effected.

During the year the Committee continued the policy of asking for small payments for the various forms of treatment (other than the X-ray treatment of ringworm) from the few parents whose means are within the prescribed limit. The following amounts were received.

The figures in brackets refer to the amounts received in 1932:-

For visual defects	-	£7- 11- 4d	(66- 13- 6d)
" dental treatment :-		15- 5- 0d	(18- 0- 6d)
" treatment of tonsils & adenoids		8- 0- 0d	(28- 8- 0d)
" other forms of treatment :-		26- 18- 6d	(45- 0- 9d)
" cod liver oil and malt		6- 12- 5d	(17- 17- 8d)

STATISTICS

The statistical tables required by the Board of Education were dispatched to that Authority early in January 1934. These tables are not reproduced in this Report, but all the essential figures are included in the various sections.

THE SCHOOL NURSE

I again testify to the excellent work of Nurse W.B. Neal.

In the following account of her work the figures in brackets refer to the corresponding work for the previous year.

She made an average of three visits to each of your schools during the year, and made 5,715 (6,556) examinations for cleanliness. The number of children found to be unclean was 153 (124). Of these 51 (29) had nits and pediculi in their heads, and 102 (95) numerous nits only. Five (0) children were cleansed by the School Nurse during the year. 178 (380) visits were paid by the Nurse to the homes of children requiring treatment; 22 (31) to the homes of children suffering from infectious disease, and 94 (134) to the homes of children absent from school.

The minor ailments treated by the School Nurse under the supervision of the School Medical Officer comprised :-

2	(1)	cases of ringworm of the scalp;
8	(9)	" " ringworm of the body;
8	(11)	" " scabies;
82	(84)	" " impetigo;
0	(4)	" " other skin disease;
5	(7)	" " minor eye defects;
38	(28)	" " minor ear defects;
92	(104)	" " miscellaneous defects, e.g., minor injuries, bruises, sores, chillblains, septic conditions etc.

The School Nurse made 355 (364) visits to these cases of minor ailments.

The total number of her visits is therefore 649, as compared with

909 in 1932.

Further, the Nurse has delivered lectures to the elder girls at the Central Schools on the hygiene of infancy, has assisted the School Medical Officer at the routine and re-inspections, and the School Oculist at the various Eye Clinics.

She also escorted children to the Rutland Memorial Hospital for tonsils and adenoids operations, to the Peterborough Orthopaedic Clinic (where she has assisted in plaster and splint work), to the Manfield Orthopaedic Hospital Northampton, and to the Children's Home of Rest at Liverpool. She has also given remedial exercises in the schools to children suffering from spinal curvature, flat feet etc.

SCHOOL MANAGERS AND OTHERS

Owing to your arrangements for medical inspection and treatment being completed it has not been necessary this year to pester the subscribers to hospitals for letters of admission.

I am much indebted for the help given me by Inspector Tyacke of the National Society for the Prevention of Cruelty to Children. Some 6 families have been referred to him, two on account of neglect, 3 on account of refusal to permit operation on enlarged tonsils and adenoids, and 1 for refusal to permit the radical cure of rupture. None of the necessary operations had, at the end of the year, been performed, but improvement was effected in the others.

Three communications were received from Mr Drake the School Attendance Officer to the Oakham and Ketton Districts, and one was received from the Uppingham area. It should, however, be stated that Mr Drake frequently calls at my office in Ketton.

HEAD TEACHERS

As in former years, so now, I gratefully acknowledge the cordial help and assistance received from the Head Teachers in your schools.

NUMBER OF VISITS PAID TO SCHOOLS AND DEPARTMENTS

Forty-nine visits were paid for the purpose of routine medical inspection; another 31 visits were paid for the purpose of re-examination of children found defective at the routine inspections.

19 visits were made for the examination of special cases, and one for questions of sanitation.

Four visits of inspection were paid to the Dental Van, 6 visits in connection with epidemic disease, and 2 for examination of pupil teachers - a total of 112 visits, an increase of 3 on last year's figure

OTHER WORK

Three samples of hair were examined for the ringworm fungus. In two of these the fungus was present, and in one it was absent.

NUMBER OF CHILDREN EXAMINED

Children are examined on admission to school, between the ages of 8 and 9 years, and on reaching their twelfth birthday.

In this and other sections of the Report the numbers in brackets refer to the corresponding results last year.

The total number of children examined was 758 (786), of whom 737 (763) were in the code groups; 7 (8) were "Specials", i.e., scholars thought to be delicate by their parents, guardians, or teachers, and 14 (15) were other routine inspections. 258 (228) of the 737 children in the code groups were examined as Entrants; 266 (269) as Intermediates, and 213 (267) as Leavers. Thirty-five (59) children - 19 boys and 16 girls - were absent on the day appointed for the examination.

They had left the County since their names were sent to me, or were absent through illness, but in no case was permission to examine a child withheld. 765 (669) children were re-examined during the year, i.e., children with defects from this or previous years, so that 1,523 (1,455) medical examinations were made.

The examinations have been carried out in the same manner as heretofore, with the exception that towards the end of the year blood pressure measurements were taken in the case of the older children.

WORK OUT OF SCHOOL HOURS

At the routine and other examinations I make a point of enquiring whether work of any kind is undertaken out of school hours.

I found that 25 scholars were employed, as compared with 28 last year. 23 were boys and 2 girls. The girls were aged 12 and 13 years.

One of the 23 boys was 13 years of age, 21 were aged 12 years, and 1 was aged 8. The number of hours worked was given by the pupils themselves. The information may or may not be correct.

One of the girls acted as a nursemaid for 7 hours a week. She was in perfect health. The other worked for only $2\frac{1}{4}$ hours a week. She helped in the home and looked after poultry. She had an enlarged thyroid gland and was round shouldered. Two of the 23 boys sold papers; 13 ran errands for tradesmen; 3 distributed milk, 3 worked on the land in various capacities, 1 carted wood, and 1 worked in a garden.

Four worked for 20 or more hours a week. One of these worked as a grocer's errand boy for 24 hours. He was 2 years behindhand in his studies. Another sold wood for 20 hours a week. He was mentally defective but sound physically. A third looked after cows for 20 hours a week. He was dirty, fleabitten, and round shouldered. The fourth assisted a baker for 22 hours a week. He was in perfect health.

Three worked for 15 hours but under 20 hours a week. One was flat footed, another suffered from chronic ear disease (perforation of the drum) and flat feet. The third was in perfect health. Two more worked for over 10 but under 15 hours a week. Both were milk boys.

One of them had a dilated heart, and the other was flat footed.

Of the others, who worked from 1 to $8\frac{3}{4}$ hours a week, none showed any serious defect.

VACCINATION

As usual I made a note of the presence or absence of vaccination. Only 314, or 41 per cent (43%) of the 758 children examined had been successfully vaccinated. 438 had not been vaccinated, and in 6 no note was made. The schools vary very much. At Oakham Infants 60 children were examined; only 11 had been vaccinated. At Cottesmore Mixed School 11 children had been successfully vaccinated out of 12 examined. At Caldecott 10 children were examined but only 1 had been vaccinated.

ATTENDANCE AND CO-OPERATION OF PARENTS

582 of the 758 children examined, a percentage of 76 (76) were accompanied at the routine medical examination by one or other of their parents or guardians. Formerly 80 per cent of the parents attended, but now that attendance at the Central Schools has increased it is impossible to expect the parents to attend in such large numbers.

The response to the Committee's Scheme for surgical treatment of enlarged tonsils and adenoids has been gratifying. 89 (98) children have been operated on under the Scheme, and 5 (7) others by private practitioners or hospitals. Much, however, remains to be done, for as many as 112 children are still in need of operative treatment, as compared with 115 last year, and 84 and 110 the years before.

The orthopaedic scheme is also much in favour, there being no refusal to orthopaedic operative treatment.

The Committee has continued the practice of supplying cod liver oil and malt at cost price to children who are delicate or suffering from defective nutrition. This is much appreciated. During the year the sum of £6- 12- 5d has been received. 29 dozen bottles of cod liver oil and malt have been consumed, and 5 dozen bottles of cod liver oil.

The presence of the parent or guardian at the medical inspections gives the Examiner an opportunity of finding out various details of the child's health which are unknown to the teacher, such as the existence of the vague ill-health characteristic of rheumatic infection, and the nature of upbringing adopted in infancy.

In the present series of 758 cases 150 children (86 boys and 65 girls) a percentage of 19.7 (18.5) gave a history suggestive of rheumatic infection, i.e., they suffered from growing pains in the limbs, sore throats, and stiff necks. This would appear to be a considerably higher percentage than in other areas.

In 671 of the 758 children examined the method of feeding adopted in infancy was ascertained from the parents. 394, a percentage of 58.7 were breast fed; 177 or 26.3 per cent were bottle fed, and 100, or 14.9 per cent, were partly breast and partly bottle fed.

A dummy teat had been used in 180, had not been used in 449, and in 129 no record had been made on this point.

UNCLEANLINESS

733 of the 758 children examined were found to be perfectly clean, a percentage of 96.7 (97.6). 25 or 3.3% (2.4%) were verminous. Out of 5,715 examinations by the School Nurse only 153 instances of dirty heads were found. Last year out of 6,556 examinations only 124 were found in a similar condition. The falling off is due to the absence from duty of Nurse Neal. In London the percentage of children with dirty heads is 4.2, and in Bradford 3.48. Five children were cleansed during the year by the School Nurse.

In 1932 in England and Wales as a whole 15,555,626 examinations for cleanliness were made. The number of individual children found unclean was 632,161. 138,539 were cleansed by the local authorities. 389 cases were proceeded against under the Education Act of 1921, and 607 under the attendance Bye-laws. During the year the children at Pickworth who were such a trouble removed to pastures new - one family to Great Casterton School, and the other to the Oakham Poor Law Institution. The former are in much the same condition; the latter are now well nourished and cleanly children, and I take this opportunity of thanking the Staff of this Institution for their splendid services.

MALNUTRITION

742 of the 758 children examined were of normal nutrition - a percentage of 98 (97.2). 15 were below normal in nutrition, a percentage of 2 (2.6), and only one was of very poor nutrition. 12 of the 16 were boys and 4 girls. I was able to ascertain the method of upbringing adopted in infancy in 14 of these 16 cases. Six of the 14, i.e. 43 per cent, were breast fed; 5 or 36 per cent were bottle fed, and 3 or 21% were first breast and then bottle fed. The method of feeding of the 742 children of normal nutrition was ascertained in 657. Of these 388 were breast fed, a percentage of 59; 172 were bottle fed, a percentage of 26, while 97 or 15% were brought up first on the breast and then on the bottle. The normally nourished children show a slight preference for breast feeding.

An attempt was made to elicit the cause of malnutrition in these 16 cases. In 6 enlarged tonsils and adenoids were present or had been removed in previous years. In one no physical or social cause could be found to explain the failure to thrive. In 3 bronchitis or other respiratory trouble had been a constant source of trouble; 2 suffered from rheumatism, and 2 had had rickets. In one the home was unsatisfactory and in the last the child had been delicate from infancy.

In England and Wales as a whole the percentage of malnourished children is about 1 per cent. In Lancashire the percentage is slightly less than in Rutland - 1.55%. In Derbyshire a special enquiry into the nutrition of 24,107 children resulted in 1.6% being classified as ill nourished. The verdict of the Medical Department of the Board of Education is that the standard of bodily health, nutrition, and mental ability is being well maintained. It should be noted that a similar statement was made by Dr Pangloss after the loss of his nose and all his teeth !

ENLARGED TONSILS AND ADENOIDS

Six of the 758 children examined required treatment for enlarged tonsils only, unaccompanied by adenoids, and in 57 others these organs were so slightly enlarged and free from disease as not to require operative treatment. Nine children required operative treatment for adenoids only, and 3 other children presented signs of slight adenoidal hypertrophy. 59 children suffered from both enlarged tonsils and adenoids, and 13 suffered from a slight degree of the same defects, not requiring surgical treatment. Altogether then 74 (86) children among the 758 examined required surgical treatment, a percentage of 9.7 (10.9). During the year 94 (105) children received operative treatment for enlarged tonsils and adenoids, 89 of these at the Rutland Memorial Hospital Oakham, and 5 by private practitioners or hospitals. Unfortunately 112 (115) children are still in need of treatment. Taking our average attendance as 2,204 the percentage of children submitted to operation is 4.2.

In Cornwall the percentage is 0.72; in East Suffolk 1.4; in Huntingdonshire 1.3; in Holland (Lincs) 2.5; and in Devonshire 1.3.

I attribute the high figures in Rutland to the excellent way in which the operation is done by Dr Wallace, and the constant willingness of the parents to accede to operation. The following-up is persistent and is continued until the child leaves school. More time is devoted to the examination of each child than in other counties.

The schedules of 74 of the children with enlarged tonsils and adenoids were subjected to detailed analysis. 40 were boys and 34 girls. In 9 of these no record was obtained as to the method of feeding adopted in infancy. 37 were brought up on the breast, a percentage of 57; 19 on the bottle, a percentage of 30; and 9 were brought up first on the breast and then on the bottle, a percentage of 3. Among the 684 children not seriously affected with enlarged tonsils and adenoids the method of upbringing was noted in 606.

338 of the 606 (a percentage of 59) were breast fed; 177 were bottle fed (a percentage of 29), and 91 were brought up first on the breast and then on the bottle (a percentage of 15). These figures do not give support to the view that artificial feeding has much to do with the production of enlarged tonsils and adenoids. In 63 the use or non use of a dummy teat was ascertained. 16 of the 74 confessed to the use of a dummy teat, a percentage reckoned on the 63 of 25; 47 denied its use, a percentage of 74.6. In 11 no information was forthcoming on this point. Among the 684 children not seriously affected by tonsils and adenoids the use of a dummy teat was acknowledged or denied in 566. 164 of the 566, or 29 per cent, confessed to its employment, and 402 or 71 per cent denied its use. The difference is insufficient to incriminate the dummy teat in the production of enlarged tonsils and adenoids.

In 2 cases otorrhoea was, or had been present. In 6 there were large accumulations of wax in the ears, and in 10 deafness, a percentage of 13, was found at the inspection or was reported to exist although not disclosed at my examination. In 45 of the 74, a percentage of 60, changes were noted in the ear drums, and in one the drum was inflamed. During the year 12 cases of deafness were reported among the 758 examined, a percentage of 1.5. In 6 of these 12 enlarged tonsils and adenoids were present at the examination this year, and in 4 tonsils and adenoids had been removed in previous years. In only 2 had enlarged tonsils and adenoids never been demonstrated. This shows, as no other fact can, the enormous importance of early and radical treatment for enlarged tonsils and adenoids. A family history of enlarged tonsils and adenoids was forthcoming in 40 of the 74, a percentage of 54.

Earache was recorded in 26, and bad mouth breathing in 2. 32 of the 74, or 43 per cent, showed excessive caries. Among the 684 children not affected with enlarged tonsils and adenoids 145 showed excessive caries, or 21 per cent. This seems to point to some definite relationship between dental caries and enlargement of the tonsils and the presence of adenoids.

In 17 of the 74 evidence of rheumatism was forthcoming in the shape of growing pains and stiff necks - a percentage of 23, as compared with a percentage of 19.4 among the 684 children not seriously affected with enlarged tonsils and adenoids or altogether free from them. This is in accordance with the findings of the recently established rheumatic clinics, namely that children affected with tonsils and adenoids are not more prone to rheumatism than the general population. One case of a dilated heart was found among the cases of enlarged tonsils and adenoids. Enlarged glands in the neck were recorded in 46 of the 74 cases now under review, a percentage of 71.2. Two cases of rickets were recorded in brothers who had received orthopaedic operative treatment for this condition, and in two pigeon chests were noted, a deformity ascribed by some to rickets, but more probably due to difficulty in breathing dependent on the adenoids. Four of the 74 children were backward. Defective speech was recorded in one child, and bronchial catarrh in two.

The arrangements for treatment described in a previous Report continue to give satisfaction.

On looking casually through the following-up cards of 76 children who have been operated on in previous years, and whom I have recently re-inspected, I find that in as many as 27 the tendency to catch cold was much less than before operation. In 20 the breathing was greatly improved, and snoring at night was no longer noticed. In 13 general nutrition was much benefited. In 11 the appetite had much improved, and in 5 hearing had greatly improved. In 6 earache had entirely ceased, and in 4 others ear discharge. In 6 sore throats were not a cause of complaint since the operation. In 5 attacks of bronchitis were less frequent, and in one asthmatic attacks were benefited. Speech was better in 4, and glands ceased to swell in three. In 6 cases no benefit was recorded. In 2 of these deafness persisted, and in another perforation of the drum occurred after the operation. In two colds were as bad as ever, and in another in which the tonsils had not been completely removed there was still difficulty in breathing.

During the year much has been written on the indications for and the results of operation on enlarged tonsils and adenoids. Dr J.K. Love says that 6,000 children are operated on in Glasgow annually. The results, he says, justify the operation. Enlarged tonsils are removed too early, but adenoids are not removed early or often enough. All symptoms disappear in from 59- 84 per cent of the cases. Ear discharge ceased in 57 to 64 per cent. Mouth breathing ceased in 54.7%. 22 of 37 cases of enlarged glands in the neck were cured by the operation. The liability to acquire scarlet fever is diminished. Operation should not be performed in the absence of sore throat and glandular enlargement.

E.H. Wilkins observed his 430 cases for periods of time varying from 11 months to 4 years. 64.2 per cent were very much improved or cured. 23.2% were definitely improved, but continued to suffer from sore throats or colds. 12.6% were not improved, and continued to suffer from otorrhoea or purulent nasal discharge.

Mr J.A. Keen who is Throat Surgeon to the City of Leicester Education Authority tells us of the results of his 2,000 operations. Enlarged glands in the neck disappear in a few months and the operation should be performed even if the glands are of a tubercular nature. In 40 per cent of his cases he found an inflamed or retracted ear drum. The improvement in hearing is remarkable. 250 of his cases suffered from ear discharge. 200 of these were cured of this troublesome complication. Further, he tells us that the number of that serious operation, the opening and drainage of the mastoid antrum, has decreased from 40 a year to only 7. He considers that it is wrong to compare the health of children who have had their tonsils and adenoids removed with those who have had no operation, because those who have been operated on have suffered much from their disability, and time is required for them to become normal. This was the method adopted by Doctors Alison Glover and Wilson

To my mind the most striking evidence in favour of the operation is brought forward by Dr Alison Glover, who is the great opponent of the operation. 55 per cent of the first XV of 18 great public schools have been operated on, and in one of these, 80 per cent had had their tonsils removed. As these youths are presumably the most physically fit of their generation it is a great testimonial to the value of the operation. More than half of the most carefully nurtured children are now subject to the operation, and the incidence of the operation among the rich is four times as high as among elementary school children. But surely this is another proof of the value of the operation, as the health of the children of the wealthy is immeasurably superior. Diphtheria, he acknowledges, is lessened in its incidence by tonsillectomy - surely an enormous gain. He omits to add that carriers of diphtheria can be cured of this disability by tonsillectomy, all other methods failing - a benefit of unparallel importance. Mastoid disease, he says, is slightly more common among the tonsillectomised. This is contradicted by Mr Keen's observation.

Dr Dan Mc'Kenzie makes an eloquent appeal in favour of the operation. He points out that the statistics massed against this operation are valueless, for it is not stated whether the tonsils were completely removed or whether a recurrence of adenoids was excluded by an examination of the patient or not. He considers that the so-called physiological hypertrophy of the tonsils is followed by septic and pathological changes. An enlarged tonsil, he declares, is a septic tonsil, and hypertrophied adenoids are septic adenoids. He adds: "I remember the discharging ears, the deafness, the scrofulous glands, the vacant stupid faces, and my companions who died in middle life from heart disease contracted in childhood after tonsillitis." "Then," he continues, "I look at the young men and maidens of to-day, clean of health and stature, and I see the transformation of a race through the influence of a simple operation."

As the number of operations in Rutland and the Soke of Peterborough is commented upon in the Report of the Board of Education I have thought it advisable to justify them by the results and opinions of workers with practical experience.

DENTAL DISEASE

The condition of the teeth was recorded on each child's schedule as in previous years, but as there is a Dental Scheme in operation the attention of the parents was only directed to this condition in cases where more than four defective teeth were found. 177 of the 758 children examined, or 23 per cent, had 4 or more carious teeth, as compared with 17 per cent in 1932, and 23 per cent in 1931.

I would, however, draw your attention to the large amount of dental disease occurring among children in the Infants Department at Oakham, which necessitates the employment of a general anaesthetic.

At a recent inspection I found one child with 18 decayed teeth, another with 15 decayed teeth, two with 12 decayed teeth, two with 11, five with 10, four with 9, two with 8, and thirteen with 7 decayed teeth.

In this connection I would inform you that the Public Health Committee have arranged with Mr MacTaggart to undertake the work of dental treatment of expectant and nursing mothers and children under school age.

Work of the Dental Surgeon

During the year under review the work has been undertaken by Mr L. MacTaggart, who now works three days a week in the schools.

Dental inspection and treatment was carried out in the following schools, the details of which are given overleaf :-

<u>School.</u>	<u>No. inspected.</u>	<u>Referred for treatment.</u>	<u>Actually Treated.</u>
Barrowden	34	22	14
South Luffenham	45	35	25
Ashwell	28	19	17
Oakham Mixed	209	152	89
Oakham Central	239	163	78
Oakham Infants	145	107	78
Market Overton	78	55	33
Clipsham	23	18	14
Uppingham Infants	35	20	17
Uppingham Mixed	151	115	65
Uppingham Central	121	70	34
Belton	31	21	19
Ridlington	12	8	8
Preston	20	14	11
Hambleton	27	20	18
Wing	18	8	5
Burley	21	14	13
Greetham	67	55	21
Stretton	23	18	8
Manton	20	14	6
North Luffenham	51	35	21
Morcott	45	27	18
Bisbrooke	14	8	8
Seaton	27	15	12
Lyddington	26	17	7
Edith Weston	13	10	6
Cottesmore Central	95	74	48
Cottesmore Mixed	38	32	22
Langham	71	53	26
Braunston	42	30	20
Whissendine	60	54	44
Surgery & Hospital	5	5	5
Totals :-	1,842	1,308	810

It will be noted with regret that in the following schools no inspection or treatment was carried out :- Ketton, Ryhall, Tinwell, Great Casterton, Essendine, Empingham, Exton R.C., Exton C.E, and Caldecott.

It will be seen that Mr MacTaggart treated 3 children at his Surgery at Oakham, and 2 extractions under a general anaesthetic at the Rutland Memorial Hospital were carried out.

1,842 (2,116) children - 83 per cent - were inspected, as compared with 67 per cent in England and Wales as a whole.

1,308 (1,408) were referred for treatment, and 810 (746) were actually treated. 2,983 (3,007) attendances were made at the Dental Van.

1,308 of the 1,842 children inspected, or 71 per cent (66%), required treatment, as compared with 69 (68) per cent in England and Wales as a whole. 810 (746) of these 1,308, or 61.9% (52.9%) accepted and obtained treatment, as compared with 61.3% in England and Wales.

In the English counties 59.8% accepted and obtained treatment; in the County Boroughs 54.0%; in the Boroughs 63%; in the Urban Districts 59.6%, and in London 77.1 per cent. In Cambridgeshire 63.1% were treated; in Cornwall 63.5%; in East Suffolk 58%, and in Hunts 49%.

Altogether 372 fillings of permanent teeth were performed, as compared with 312 in 1932. 274 permanent teeth were extracted, as compared with 118 in 1932, and 43 other forms of treatment were applied as compared with 53 in 1932. 3 milk teeth were filled as compared with 4 in 1932; 1,226 milk teeth were extracted, as compared with 1,301 in 1932, and 26 other treatments were applied as compared with 47 in 1932.

It would appear from these figures that the Dental Surgeon is wisely concentrating on the second dentition and is not filling temporary teeth. Thirty-five half-days were devoted to inspection, and 174 half-days to treatment, a total of 209 half-days, or 105 whole days.

There is, perhaps, a tendency to expend too much time on inspection. For instance 3 whole days were devoted to the inspection of 209 children at Oakham Mixed School; 3 whole days for the inspection of 239 children at Oakham Central School; one whole day was expended at Whissendine in the inspection of 60 children; one day at another school in the inspection of 71 children, and the inspection of 141 children at another school occupied 2 whole days. In East Suffolk 287 children were inspected in a day; in Huntingdonshire 142; in Cambridgeshire 105; in Holland 218; in Cumberland 248; in Northumberland 102, and in Rutland 108. Although our results are as good or better than some I think there is room for some speeding up.

Recently Mrs Mary Mellanby's final report on decay in teeth has been published. In this it is stated that in perfectly formed teeth, normal in structure, decay was found in only 7.5 per cent, as compared with 74 per cent where the teeth were badly developed as regards enamel.

To produce perfectly formed teeth it is necessary to introduce large changes in the diet and habits of the expectant and nursing mother, of infants, and of children during the whole period of dental development, and indeed during their whole life. The consumption of milk, eggs, cheese, animal and fish fats, and vegetables must be greatly increased, and the consumption of cereals correspondingly diminished, and for the very young abolished. Breast feeding must be general and prolonged, even to a year or more, provided a supplementary diet is given after about 6 months, which should include some iron and Vitamin C. Cod liver oil should be given to all infants and children. To older children a diet rich in calcium and Vitamins D and devoid of cereals has a greater inhibiting and curative effect in dental decay than any other diet hitherto tested. A characteristic result of this diet was gradual hardening of the soft denture^{ure} and the arrest of the progress of the disease. This work leads us furiously to think whether the very expensive^{surgical} effort now made in our schools is really worth while. On the other hand to feed mothers and children on the diet thought necessary by Mrs Mellanby would be beyond the means of the greater part of the population, and would entail a considerable increase in taxation. There is, however, much to be said for lowering the age of compulsory insurance to the school leaving age, and insisting that at the age of 14 dental benefit should be available. No doubt this would be expensive but much saving could be effected ^{by} ~~in~~ diminishing the amounts of nauseous and useless medicines, patent drugs, and foods now consumed.

ENLARGEMENT OF THE THYROID GLAND

Fifty-two of the 758 children examined, a percentage of 6.8% had some degree of enlargement of the thyroid gland, as compared with 8.4% in 1932; 11.7% in 1931; 9.5% in 1930; 10.9% in 1929; 11.4% in 1928; 17.7% in 1927, and 18% in 1926. 22 of the 52 were boys and 30 girls.

The ages of the 22 boys were :-

1 aged 13 years;	15 aged 12 years;
1 " 11 " ;	1 " 9 " ;
4 " 8 "	

The ages of the girls were :-

2 aged 13 years;	19 aged 12 years;
1 " 11 "	2 " 9 "
5 " 8 "	1 " 6 "

The degree of enlargement was classified under the headings slight, medium, and marked. 36 were classified as slight, 12 as medium, and 4 as marked.

The four marked cases of enlargement occurred in girls - 2 aged 13 and 2 aged 12 years. Four of the 12 cases of medium enlargement occurred in boys, 3 aged 12, and 1 aged 8 years; and 8 in girls, 7 being 12 years, and one 8 years old.

In 13 of the 52, or 25 per cent, some degree of enlargement of the tonsils was noted as being present at the time of the examination or had been known to be present in past years. In 20 of the 52, a percentage of 38, thyroid enlargement was known to exist in other members of the family. In only 5 cases was there a history suggestive of rheumatism. One case of organic heart disease was found among the 52.

The towns and villages in which these children live are given below :-

<u>Locality.</u>	<u>No: of cases.</u>	<u>Locality.</u>	<u>No: of cases.</u>
Exton	8	Greetham	5
Whissendine	4	Empingham	4
Burley	4	Langham	3
Oakham	2	Uppingham	2
Preston	3	Stretton	2
Market Overton	2	Clipsham	2
Braunston	1	Barrow	1
Belton	1	Ridlington	1
Lyddington	1	Morcott	1
Ashwell	1	Caldecott	1
Great Casterton	1	Cottesmore	1
Whitwell	1		

The large number at Exton and the small numbers at Oakham and Uppingham are noteworthy.

DEFECTIVE VISION AND SQUINT

Thirteen of the 758 children examined, a percentage of 1.7 (2.2) suffered from defective vision of such a degree as to justify examination by the Ophthalmic Surgeon, Lieut-Colonel Newman. 12 others suffered from very slight defects and will be kept under observation. Four children suffered from squint requiring treatment; one from a sty, and one from lachrymal obstruction.

During the year five Eye Clinics were held, 2 at Oakham, 1 at Uppingham, and 3 at Colonel Newman's Rooms at Stamford. Together with special cases and cases left over from previous years 54 children were submitted to the Oculist for refraction. 32 of these were new cases, and in 27 glasses were prescribed and provided. 34 old cases were re-examined. In 22 of these new glasses were required and provided. One child no longer required spectacles, and in 11 the glasses first supplied were still satisfactory. Altogether then 49 new pairs of glasses were provided under the Authority's Scheme. Eight children were submitted to refraction by private practitioners or hospitals, and in all of these glasses were provided. 22 pairs of spectacles were repaired during the year under the Authority's Scheme.

No blind children are being educated in residential schools.

DEFECTIVE SPEECH

Only one case of defective speech was noted among the children examined during the year. It was due to the presence of enlarged tonsils and adenoids.

The boy at Stoke-on-Trent School continues to make good progress, and the boy at Empingham who was at the same School is maintaining the improvement.

RICKETS AND OTHER DEFORMITIES

Five cases of slight rickets were recorded. Two were cases of knock knee, 3 were cases of slight bow legs, and one affected the head. 26 cases of spinal curvature were recorded who required treatment, and one which required observation. There were 161 cases of flat feet, one of claw feet, one case of bilateral equino varus, one of flexed elbow, one of contraction after burns, and one of a cystic swelling of the knees.

During the year 1933 twenty-eight school children attended the Orthopaedic Clinic held at the Peterborough Memorial Hospital by the Manfield Orthopaedic Hospital staff. These cases made 33 attendances, and surgical instruments to the value of £12- 14- 6d were supplied. Tubercular cases are not included in these figures.

During the year four Rutland school children were resident at the Manfield Orthopaedic Hospital, one for cystic swelling of the semilunar cartilage; two for the after-effects of infantile paralysis, and one for club foot. Tendon transplantation was performed in the two cases of infantile paralysis. The external semilunar cartilage was removed in another. The case of club foot was treated by plantar fasciotomy, tenotomy of tibialis anticus, posticus, and all toe flexors. The Tendo Achilles was enlongated.

HEART DISEASE

One case of organic heart disease was found among the 758 children examined in the code and special groups. This was a case of mitral regurgitation in a child who was attending a Central School. An attack of rheumatism had necessitated her return to her village school.

So far as I know there are 10 cases of organic heart disease among the children in attendance in your Schools. Six are boys and 4 girls. Six of these suffer from mitral incompetence, 3 from both stenosis and incompetence of the mitral valve, and one from congenital heart disease.

During the year one girl was in residence at the Children's home of Rest at Sefton Park Liverpool. She was admitted on July 21st 1931 and discharged on August 9th 1933. She has made excellent progress. The boy who had previously been in this Home and who relapsed with chorea is now doing well and attending Oakham Central School.

SURGICAL, OR NON-PULMONARY TUBERCULOSIS

No cases of surgical tuberculosis were discovered among the 758 children examined in the code or special groups. There are, however, three cases under treatment or observation. The boy with spinal tuberculosis who had received many years treatment at the Shropshire Orthopaedic Hospital at Oswestry unfortunately relapsed with signs of abscess formation and symptoms of commencing paralysis of his legs. He is still at the Manfield Orthopaedic Hospital and is reported to be doing well. The girl who was discharged from the Manfield Orthopaedic Hospital last year after 4 years treatment was sent by the kindness of Mrs James Finch to Lord Mayor Treloar's Home. She has been discharged as incurable with a recommendation that she should be sent to a School for Cripples. The case was considered by you, but further treatment was not considered justifiable. The boy whose kidney was removed for tuberculous disease at Charing Cross Hospital continues to make excellent progress as regards his physical condition, but he is unfortunately a mental defective.

PULMONARY TUBERCULOSIS

No cases of definite pulmonary tuberculosis were discovered among the 758 children in the code and special groups. Four children presented suspicious signs and symptoms, but further examination did not disclose any definite signs of the disease.

The girl to whom I alluded in my last Report with a cold abscess in her chest, was discharged from the Victoria Park Chest Hospital. She still has a sinus in her chest and signs of low grade activity in her right lung.

RINGWORM AND OTHER DISEASES OF THE SKIN

No case of ringworm of the scalp was found among the 758 children examined during the year. There were only 7 cases of ringworm of the scalp in the whole County. Two were X-rayed and were cured, one within 3 months and the other within 4 months. The other five were suffering from septic complications and X-ray treatment was deemed inadvisable. They were cured by the end of the year.

RETARDATION

Sixty-nine of the 758 children examined, a percentage of 9.1, were one or more standards behindhand in their studies. 44 were boys and 25 girls. It is satisfactory to note that as many as 29 were only one standard behindhand; 36 were two standards behindhand, three were 3 standards and 1 was four standards behindhand.

An attempt was made to discover the cause of this retardation. In 10 I was unable to find any explanation. Bad attendance due to illness was the cause in 2; moving from school to school with the consequent probable loss of attendance and change of teachers accounted for 6 more. Bad home circumstances were known to exist in 9 cases. In as many as 24 enlarged tonsils and adenoids had either existed in previous years or were present at the time of the examination. 12 cases were assigned to innate dullness. One child was deaf, in another child defective eyesight was the probable cause. One child was highly strung and excitable. In 26 of these 69, namely those associated with enlarged tonsils, adenoids, defective eyesight, and hearing some improvement could be expected from medical treatment. In the remainder the cause was either not found or was of social origin.

MENTAL DEFICIENCY

Thirty-seven mentally defective children were known to be resident in the County during the year. 18 of these were boys and 19 girls. 16 of the boys and 14 of the girls were attending school

DELICATE CHILDREN

Fifteen children (7 boys and 8 girls) were described as delicate. 2 of the boys and 2 of the girls suffered from congenital syphilis. All are (or have been) under treatment by me in my capacity as Venereal Diseases Officer. Eight (5 boys and 3 girls) were under-nourished. Two girls had slight bronchiectasis. The last case was a very serious case of renal disease. She was for a long time at Addenbrooke's Hospital Cambridge. She has now been admitted to the Cheyne Hospital London.

MISCELLANEOUS CONDITIONS

Under this heading are recorded 25 cases. 11 of these required treatment, and consisted of 3 cases of phimosis requiring circumcision; 1 case of hernia, 3 of undescended testicle, 1 of hypospadias, 1 of bunion, and 2 of chicken pox. Fourteen cases required observation, and consisted of 8 cases of undescended testicle, and 6 of slight phimosis.

NERVOUS DISEASE

There was one case of infantile paralysis and 4 cases of nocturnal enuresis, or bed wetting.

SUPPLY OF MILK TO SCHOOLS

During the year milk was continued to be supplied to the following schools under the Milk Publicity Scheme. The following notes as to the amounts of milk used have been kindly given me by the Head Teachers:

Oakham Mixed :	6,992 bottles of milk used, averaging 35 bottles a day.
Oakham Central	30 bottles are used daily. --
Oakham Infants	27 " " " " - 1159 during the year.
Cottesmore C.E.	7 " " " "
Cottesmore Central	20 " " " "
Ryhall	22 " " " "
Langham	15 " " " "
Ketton	10 " " " "

Since September Horlick's Malted Milk has been used by the children at Ketton School.

I wish to bring to the notice of the Committee that milk taken in the raw state is not safe for children. Some 4,000 cases of tuberculosis are due to the ingestion of infected milk annually, and 2,000 children die each year from this cause. An immense amount of suffering and invalidity is caused by the germ of tuberculosis which is present in milk. Three years ago an outbreak of paratyphoid at Epping was caused by infected milk. 312 cases occurred and 8 deaths. I therefore strongly advise that all milk should be boiled in the schools before it is drunk.

INSPECTION OF SCHOOL MEDICAL SERVICE

During the year the School Medical Service was inspected by Dr R.H. Crowley, Senior Medical Officer to the Board of Education. The following letter, dated 28- 7- 33, has been received :-

" I am directed to state that the Board have had under consideration a report made by Dr R.H. Crowley their Senior Medical Officer after his visit to the Authority's area in May last.

The Board are glad to learn that with the exception of the dental service the work of the school medical service, including that of inspection, following up and treatment, is ably carried out in the county and that every endeavour is made by the Authority to make the benefits of the service available to each individual child needing medical or nursing attention.

The Board understand that Dr Crowley discussed with the Authority's Officers the lack of efficient organisation of the dental work and they assume that the service will receive the careful attention of the Authority in regard to the acceptances on the part of the parents and the making of full use of the time of the dentist, in order to ensure a larger output of work done.

If practicable, the Board propose to arrange for Dr Weaver, one of their medical officers qualified as a dental surgeon, to visit the area in the autumn. "

CONCLUSION

I conclude this Report with a list of school closures, and the number of individual children excluded by me during the year, and the reasons for which they were excluded.

CHRISTOPHER ROLLESTON.

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SCHOOL CLOSURES

<u>School.</u>	<u>Reason for Closure.</u>	<u>Period of Closure.</u>
Clipsham.	Influenza and illness of Staff.	From January 27th 1933 to February 10th 1933.
Exton C.E.	Influenza	From January 18th 1933 to February 1st 1933.
Exton R.C.	Influenza	From January 16th 1933 to January 30th 1933.
Ryhall	Influenza	From January 16th 1933 to January 30th 1933.

EXCLUSIONS

<u>Reason for Exclusion.</u>	<u>Number Excluded.</u>
Chicken Pox	48
Chicken Pox Contacts	21
Measles	20
Measles Contacts	3
Scarlet Fever	5
Scarlet Fever Contacts	6
Mumps	5
Whooping Cough	5
Whooping Cough Contacts	3
Impetigo	12
Ringworm of the Scalp	7
Ringworm of the Body	3
Diphtheria	2
Diphtheria Contact	1
	- - -
Total :-	<u>141</u>

Name	Address	City
John Smith	123 Main St	New York
Jane Doe	456 Elm St	Boston
Robert Brown	789 Oak St	Chicago
Mary White	101 Pine St	Philadelphia
James Black	202 Cedar St	San Francisco

Address

Name

123 Main St
 New York
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 Philadelphia
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John Smith
 Jane Doe
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